

Lasagna (Rotini) CasseroleR180

Number of Servings: 180 (225.86 g per serving)

Amount	Measure	Ingredient
18.00	lb	Beef, ground, hamburger, pan browned, 10% fat
4 1/2	gal	Sauce, spaghetti, low sod
12 1/2	lb	Pasta, rotini noodles, enrich, dry, all brands
9.00	lb	Cheese, mozzarella, low moist, part skim, shredded
7.00	cup	Cheese, parmesan, dried, grated
4 1/4	qt	Cottage Cheese, 1% fat

Nutrients per serving

Nutrition Facts			
Serving Size (226g)			
Servings Per Container			
Amount Per Serving			
Calories 430	Calories from Fat 150		
		% Daily Value*	
Total Fat	17g		26%
Saturated Fat	7g		35%
Trans Fat	0g		
Cholesterol	60mg		20%
Sodium	340mg		14%
Total Carbohydrate	41g		14%
Dietary Fiber	4g		16%
Sugars	14g		
Protein	29g		
Vitamin A	15%	Vitamin C	20%
Calcium	30%	Iron	15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

* For each pound browned ground beef EP purchase 1 1/3# 90% lean ground beef =
 * 8 pounds 90% lean ground beef should be purchased per 50 servings to = ~6# EP (entered into analysis)
 Cook rotini noodles in boiling water according to directions on package. Drain and store in cold water to keep noodles from sticking. Drain when ready to use.
 Brown ground beef until meat reaches internal temperature of 155 degrees F. Drain off fat.
 Add spaghetti sauce and bring to a simmer, stirring occasionally.
 Combine meat sauce and cheeses and stir until mozzarella cheese is melted. Add drained, cooked noodles. Stir lightly.
 Pour into 12x20x2 inch counter pan (for 50 serv). Bake at 350 degrees F for 45 minutes to 1 hour.
 Serve 1 cup serving using an 8 oz ladle or 2 #8 scoops.